



Banner
University Medical Center
 Phoenix



Your Birth Plan Preferences

The birth of your baby is a special time for you and your family. So that everyone involved knows and understands your choices, it is important to discuss your birth preferences with your obstetrical provider (obstetrician/gynecologist or certified nurse midwife) during an office visit. You'll also want to bring a copy of your birth plan with you to the hospital to share with your health care team (doctors, residents, nurses and midwives).

Please note that your health and the safety of you and your baby is our utmost priority. Because of this, sometimes birth plans need to be modified throughout the dynamic process of labor.

Your name _____

Your husband/partner/significant other _____

Additional support people _____

OB provider _____

Newborn provider/physician _____

Baby's name (if already decided) _____

Do you have any specific educational or language needs Y / N
 If yes, please explain _____

Vaginal Exams

- Limited/minimal
- Throughout labor to check progress
- Limited while pushing
- While pushing, give maternal feedback for effective pushing

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Pain Management

- I have a strong desire to avoid pain medication
- I would like pain medication, please offer it to me if you think it will be helpful
- I would like an epidural, once I am in active labor
- I would like an epidural, as soon as recommended by my provider

Labor Preferences

- Y / N Intermittent monitoring of baby's heart rate
- Y / N IV
- Y / N Saline line IV lock
To be used in the event of an emergency such as unplanned emergent c-section or postpartum hemorrhage

Birth Preferences

- Y / N Push when I have the urge to push
- Y / N Use various positions for pushing

Options to discuss with your nurse

- Have the room soothing and quiet as possible
- Use a squatting bar
- Use a mirror see my baby's head when it crowns
- Touch the top of my baby's head as it crowning
- I would like to take the placenta home/picked up within first hour after birth

Baby's Umbilical Cord

- Y / N I would like delayed cord clamping
- Y / N I would like my support person to cut the umbilical cord
- Y / N I want cord blood collected for storage
You'll need to contact a cord blood company before your 35th week of pregnancy

Newborn and After Delivery Postpartum Care

Options to discuss with your nurse

- All newborn exams and procedures take place in my presence
- Allow a nap time or quiet time, keep visitors to a minimum
- Assist with infant's bath
- Avoid bottles/formulas and pacifiers (to promote exclusive breastfeeding)
- Breastfeed exclusively while in hospital
- Bottle feed my baby
- Have sibling participate in care of baby



Any additional preferences?

I have reviewed my birth choices with my OB provider and am bringing a copy to share with my health care team.

Additional Support and Care Offered

We are proud to offer the following standard of care to support and comfort you through the birth of your child.

Comfort Measures

- 24/7 in-house anesthesiology, high-risk physicians and neonatology
- Birthing balls and rocking chairs available
- Dim lighting, music and aromatherapy
- Cold/heat therapy
- Support person may be with you in operating room in case of non-emergent cesarean delivery
- Tub\shower access

Newborn Care

- Breastfeeding assistance (if needed) in the first hour after birth
- Delayed bathing of infant to allow mother/infant bonding
- Skin-to-skin contact options including uninterrupted contact, in the operating room after cesarean section, with support person in the recovery room

Obstetrics Procedures

Will only be offered when medically necessary and discussed before their use

- Episiotomy
- Internal fetal heart rate and contraction monitoring
- Operative delivery (forceps and vacuum)
- Unplanned cesarean section

